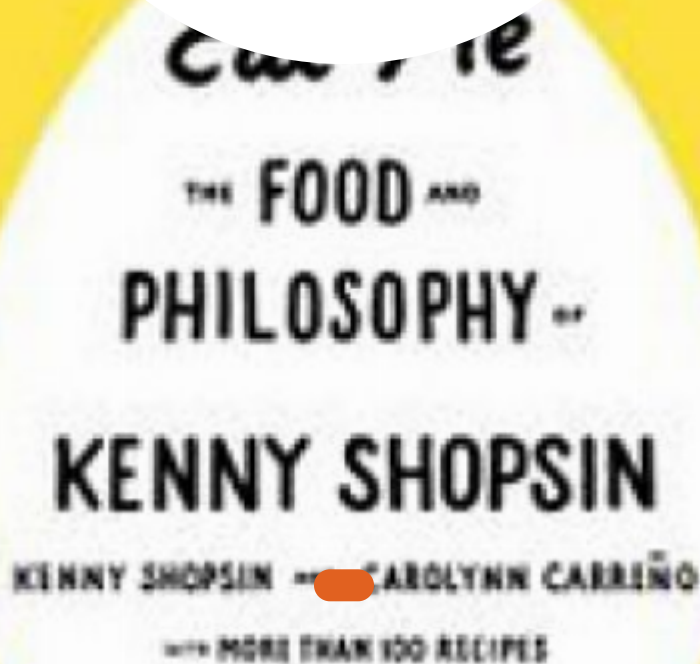




Marblehead Soft Scrambled Egg, Corn, and Cheddar Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 servings butter
- ☐ 1 teaspoon ghee
- ☐ 1 cup corn kernels frozen
- ☐ 6 extra large eggs
- ☐ 0.5 teaspoon cup heavy whipping cream
- ☐ 0.3 cup cheddar cheese

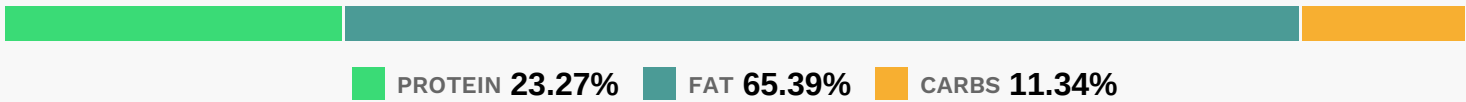
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat the butter in a nonstick egg pan over medium heat.
- ☐ Whisk the eggs, cheese, and cream together in a bowl.
- ☐ Pour into the pan and cook the eggs as for Scrambled Eggs.
- ☐ When the eggs are almost done, add the corn and continue to cook until the eggs are done and the corn is warmed through.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From Eat Me by Kenny Shopshin Copyright (c) 2008 by Kenny Shopshin Published by Knopf.Kenny Shopsin is a self-taught chef who has developed his own inimitable style: he colors outside of the lines and then uses the crayons in his pancakes. He lives in Greenwich Village.Carolynn Carreño is a James Beard Award-winning journalist and the coauthor of 100 Ways to Be Pasta, Once Upon a Tart, and A Twist of the Wrist. She lives in Los Angeles and New York.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.06, Inflammation Score:-4, Nutrition Score:10.207391173943%

Nutrients (% of daily need)

Calories: 234.93kcal (11.75%), Fat: 17.21g (26.48%), Saturated Fat: 8.03g (50.16%), Carbohydrates: 6.72g (2.24%), Net Carbohydrates: 5.9g (2.14%), Sugar: 2.18g (2.43%), Cholesterol: 336.55mg (112.18%), Sodium: 297.26mg (12.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.78g (27.56%), Selenium: 28.77µg (41.1%), Vitamin B2: 0.46mg (27.34%), Phosphorus: 229.87mg (22.99%), Vitamin B5: 1.48mg (14.79%), Vitamin B12: 0.86µg (14.28%), Folate: 56.8µg (14.2%), Vitamin A: 700.54IU (14.01%), Calcium: 116.46mg (11.65%), Vitamin D: 1.75µg (11.64%), Zinc: 1.57mg (10.44%), Iron: 1.6mg (8.87%), Vitamin B6: 0.16mg (8.24%), Vitamin E: 1.11mg (7.41%), Potassium: 179.08mg (5.12%), Magnesium: 18.1mg (4.52%), Copper: 0.08mg (3.86%), Manganese: 0.07mg (3.56%), Vitamin B1: 0.05mg

(3.46%), Fiber: 0.82g (3.28%), Vitamin B3: 0.48mg (2.4%)